

*An Introduction to
Integrative East West Medicine*

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Outline

- *Introduction to Integrative East West Medicine*
- *An Overview of the UCLA Center for East West Medicine*
- *Clinical/Research Interests*

Philosophy

**Modern
Western Medicine**
(MWM)

Reductionistic
Microscopic
Structure
Quantitative
Separation of
Mind-Body

**Traditional
Chinese Medicine**
(TCM)

Holistic
Macroscopic
Function
Qualitative
Preservation of
Mind-Body

Origin of Reductionism

Limbic Music – (Massachusetts General Hospital: Handbook of General Hospital Psychiatry, 4th ed, p. 12)

“In **reductionism** what one reduces and gets rid of is, in fact, mind ... The culprit for this great, supposed **split between brain and mind** is usually thought to be **Descartes** ... One often hears the phrase ‘Cartesian dualism’.”

George B. Murray, MD
Director of Psychosomatic Program
Harvard Medical School

Language

Western

Alphabet

Several words

Phonetic

Complex grammar

Eastern

Pictures

Few characters

Not phonetic

Minimal grammar

Evolution of Chinese Characters

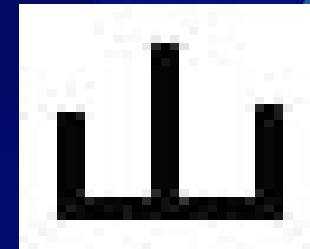
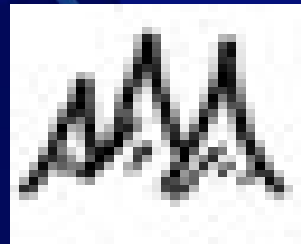


Natural image

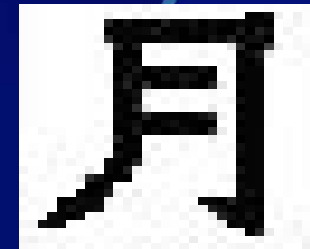
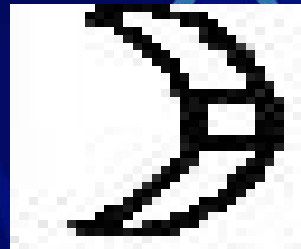
Ancient depiction

Modern character

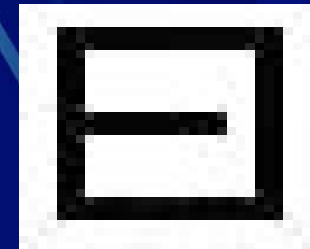
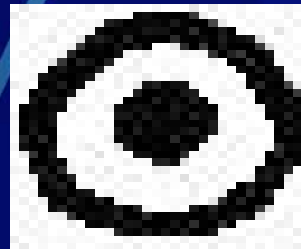
Mountain



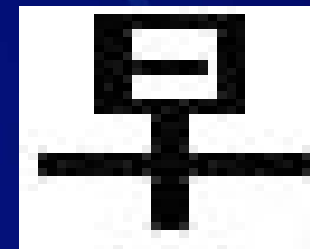
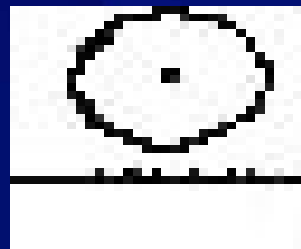
Moon



Sun



Morning



Integrative East West Medicine

(Inherent Barriers)

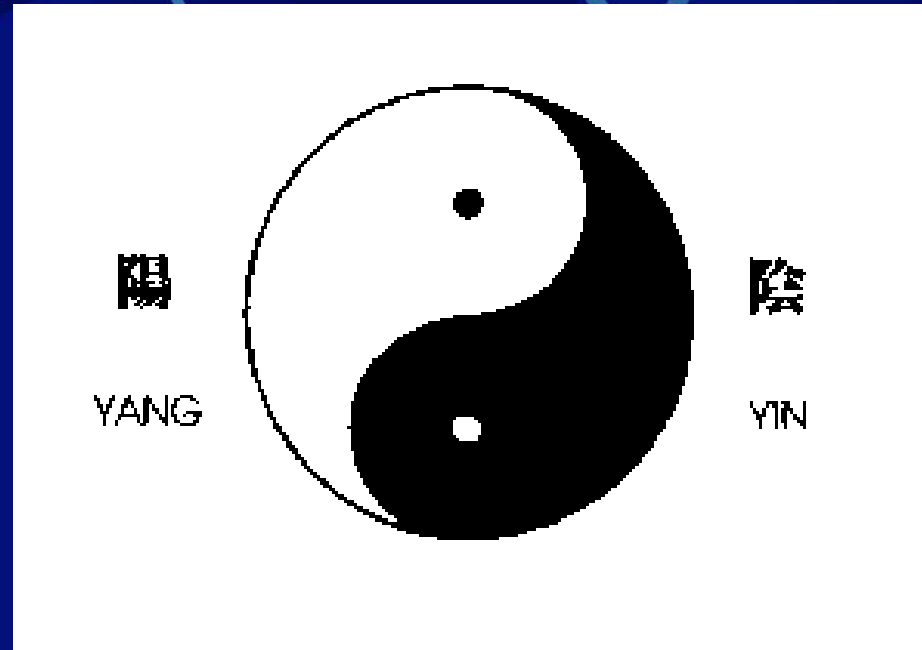
- Translation often is not one-to-one
- Lack of equivalent concepts in medicine
Ex: TCM has no nervous/endocrine system
Western medicine lacks concept of dampness/wind

Integrative East West Medicine

(Common ground)



Yin & Yang Theory



Two extremes brought into dynamic balance

Black/White, Hot/Cold, Day/Night

Yin & Yang Theory

(Modern Western Medicine)

Hot/Cold (Physiologic temperature = 98.6 deg F)

Acid/Base (Physiologic balance pH = 7.4)

Sympathetic/Parasympathetic

Electrolyte disorders

Oxygen/CO₂

Hyper/Hypothyroidism

UCLA

Medical Group

CLINIC

East - West Medicine

EDUCATION



UCLA CENTER FOR
EAST-WEST MEDICINE

INTERNATIONAL
DEVELOPMENT

RESEARCH



COMMUNITY OUTREACH

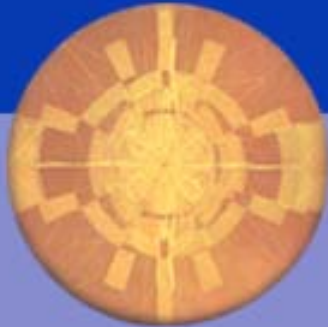


UCLA Center for East-West Medicine

MISSION: To improve health, well-being, and quality of life by incorporating the best of Western and traditional Chinese medicine.

PROGRAMS OF THE CENTER:

- Clinical
- Educational
- Research
- International



UCLA Collaborative Centers for Integrative Medicine

Neuropsychiatric Institute

Medicine

UCLA Collaborative Centers for Integrative Medicine



- Affiliated UCLA Programs (centers, research groups, and organizations actively involved in the CCIM)

- UCLA Brain Mapping Center
- UCLA Brain Research Institute
- UCLA Center for East-West Medicine
- UCLA Center for Human Nutrition
- UCLA CNS: Center for Neurovisceral Sciences & Women's Health
- UCLA/CURE/Brain Gut Research Group
- UCLA Learning and Memory Project
- UCLA Norman Cousins Center for Psychoneuroimmunology
- UCLA Opioid Research Center
- UCLA Pediatric Pain Program
- UCLA Pelvic Pain Clinic

Features of the Clinic

Clinic Staff

- Over a dozen health care providers that include both Western and Eastern trained physicians

Patient referral

- Over 12,000 patient visits a year
- Primarily referred from specialists in the UCLA system

Patient population

- Most patients exhaust other conventional treatments
- Patients who fail or are intolerant of medications/surgery
- Predominantly non-Chinese

What disorders do we treat?

Chronic Pain Conditions

- Neck/Low back/Pelvic pain
- Headaches
- Myofascial pain
- Chronic Pain Syndrome
- Fibromyalgia
- Degenerative arthritis
- Post surgical chronic pain

Patient Symptoms

- Gastrointestinal complaints
- Chronic fatigue
- Anxiety/Depression
- Sinusitis
- Cancer related problems
- Skin disorders
- Women's health related problems

Integrative East-West Approach

- Assess adequacy of any prior conventional work up and treatment
- Complete health history including psychosocial, stress, sleep, nutritional, and other lifestyle factors
- Conventional physical exam supplemented by palpation of acupoints and TCM tongue diagnosis

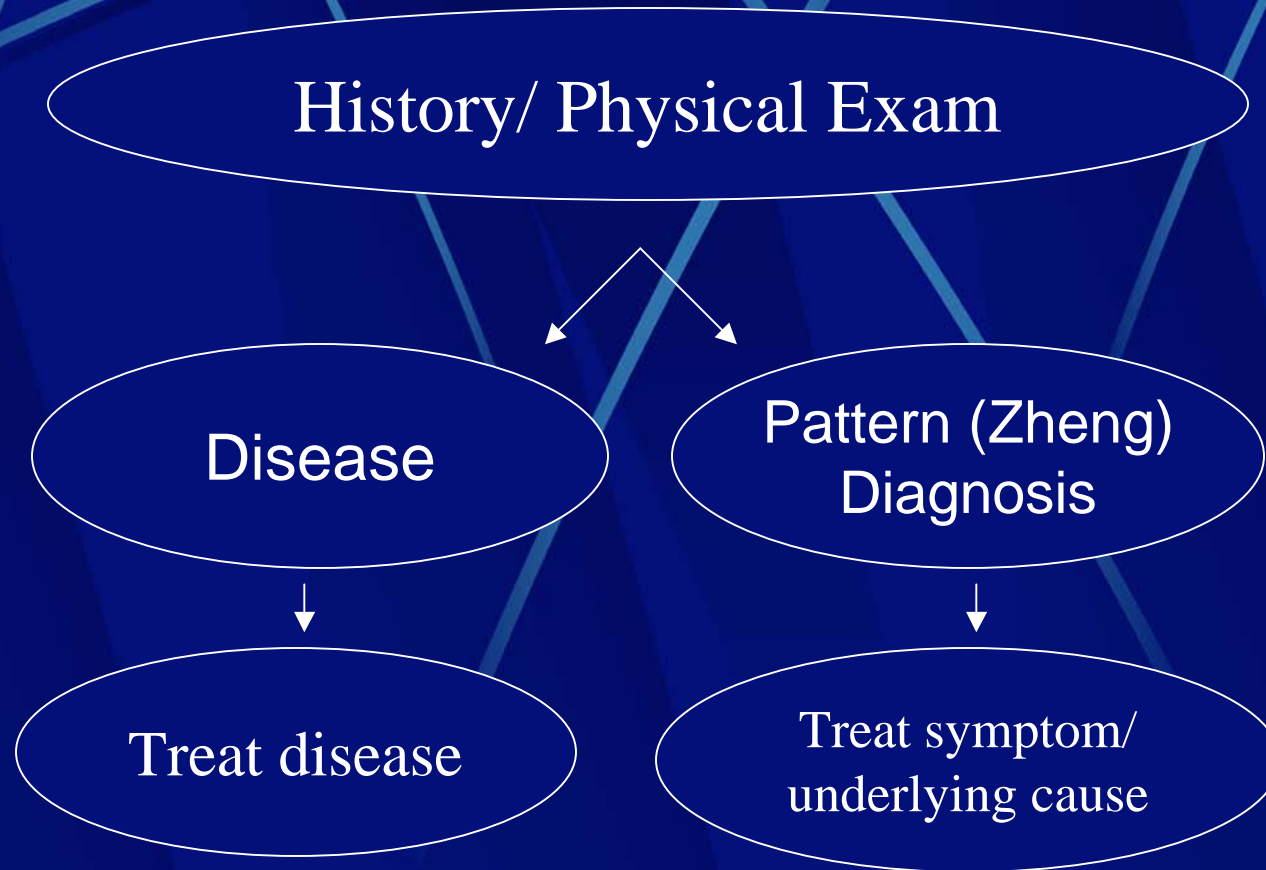
TCM Approach to the Patient

- Focus on enhancing the body's endogenous resistance (homeostatic reserve) to disease
- Restore normal balance and flow
- Individualization of treatment
- Less emphasis on specific causal factors

Patient Evaluation

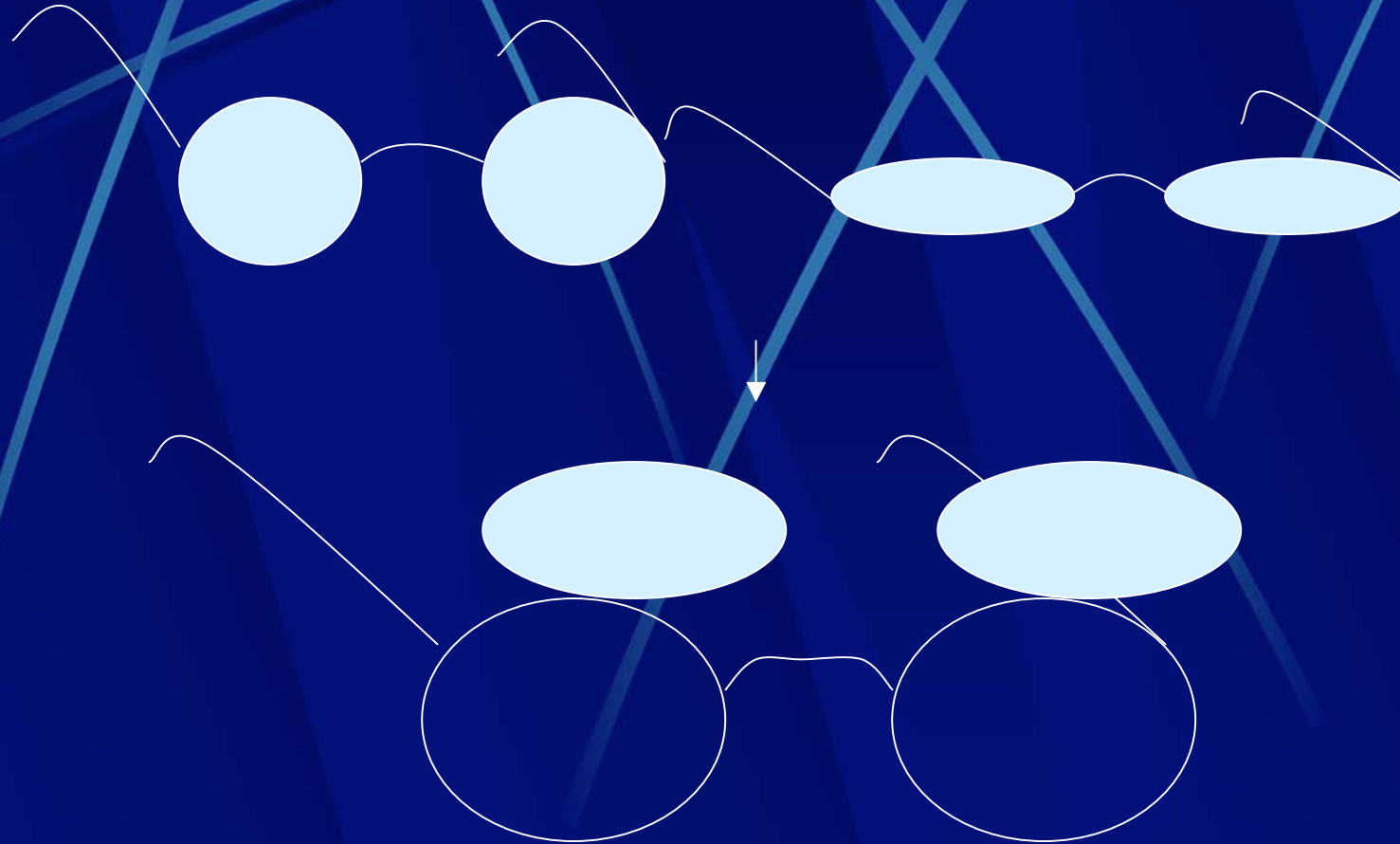
MWMM

TCM



Chinese Medicine

Western Medicine



Therapeutic Modalities

- Acupuncture
- Trigger point injections
- Therapeutic massage
- Dietary and herbal counseling
- Mind-body exercises
 - Tai Chi
- Patient education
 - Lifestyle
 - Nutrition
 - Acupressure/self-massage

**Complementary
& Alternative
Medicine (CAM)**

**Modern Western
Medicine**

mixing

true integration

Deleterious Effects
adverse interactions
fragmentation of care
waste of resources
cost-generating
iatrogenesis

New Paradigm
safe
effective
affordable
accessible

Clinical/Research Interests

Use of Integrative East-West Medicine to Treat:

1) Hypertension

- Acupuncture/Acupressure
- Addressing the Mind/Body Connection
- Dietary/Lifestyle changes
- Tai Chi

2) Disorders of the Ears, Nose & Throat

- Sinusitis
- TMJ syndrome
- Dizziness/Vertigo
- Allergic Rhinitis
- Eustachian Tube Dysfxn

Clinical/Research Interests

3) Dermatologic Conditions

- **Chronic Urticaria**
- **Refractory Pruritus**
- **Atopic Dermatitis/Eczema**

4) Chinese Herbal Medicine ↔ Clinical Pharmacology

- **Better understand herb-drug interactions**
- **Provide a safe & effective integrative therapeutic model**
- **Compare/contrast MWM vs TCM pharmacologic paradigms**

Chronic Sinusitis Study

Malcolm Taw MD, Chau Nguyen MD, Marilene Wang MD, and Ka-Kit Hui MD
UCLA Center for East-West Medicine
UCLA Division of Otolaryngology

- Prospective Pilot Study
- Twenty patients with documented Chronic Rhinosinusitis - screened by Otolaryngologist at UCLA
- Will enroll adults, 18-65 y.o. who are able to give informed consent

Exclusion Criteria

- Obvious surgical candidates (ie. nasal polyposis, allergic fungal sinusitis)
- Autoimmune disorders
- HIV+, hepatitis
- Previous sinus surgery within 3 mos
- Prior acupuncture within 2 mos

Treatment Course

- Weekly treatments x 8
- Acupuncture, therapeutic acupressure/
massage, trigger point injections
- TCM dietary/lifestyle counseling
- Self acupressure

Endpoints

- QOL surveys
- SF-36
- Chronic Sinusitis Survey, SNOT-20
- Taken at baseline, 2 months, 6 months, and 1 year